



# **HealthQuest Wellness Champion Network Monthly Webinar**

Thursday, December 11 at 11:00-11:45am

**Toll-free call in number: 1-800-391-9177**

**Conference Code: 450 521 2393#**

**Sign in with full name of all attendees**

**Press \*6 to mute/unmute your line or**

**Mute your personal line**

**Please check the volume on your phone**

## **Agenda**

- **Welcome New Champions!**
- **New HealthQuest Program Year Underway**
- **Survey – Summary**
- **Planning for 2015 – What's Next?**
  - Preview by Jack Bastable
- **Maintain Don't Gain ends December 31<sup>st</sup>!**
- **On-Site Screenings have begun!**
- **January Seminar**
- **HAPPY Holidays to YOU!!!**

## Welcome New Champions!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity

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## **NEW HEALTHQUEST PROGRAM**

**NOVEMBER 16, 2014 – NOVEMBER 15, 2015**

- **Program Launched Sunday, November 16<sup>th</sup>**
- **Mailed Materials & Launch E-mail with Video**
- **“Maintain Don’t Gain” Challenge (November 20<sup>th</sup> – December 31<sup>st</sup>, 2014)**
- **On-Site Biometric Screenings have begun again too!**

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Earning **\$480**  
is as easy as...

**1**  
Complete  
Biometric Screening

**2**  
Complete the Health Assessment  
Questionnaire (required)

**3**  
Earn 20  
additional credits

Choose from a wide  
menu of options to  
earn your credits!  
HealthQuest offers  
many choices so  
you can participate  
in the program and  
activities that are  
best for you.

HealthQuest Activities	Credit Value	Credit Max
○ Health Assessment Questionnaire – Required (online/paper)	10	10
○ Lifestyle Coaching – 6 Interactions + Survey (telephonic, email)	10	10
○ Tobacco Cessation Program Completion (telephonic)	10	10
○ Condition Management – Enrollment + 3 Calls (telephonic)	10	10
○ Health Advisor Call (telephonic)	5	5
○ Virtual Coaching (online)	5	15
○ Non-Tobacco User Declaration (online)	5	5
○ Wellness Challenges (online)	5	20
○ Preventive Exam – Well Woman/Well Man (in person, self-reported)	5	5
○ Preventive Exam – 2 Dental/Year (in person, self-reported)	5	10
○ Preventive Exam – 1 Vision/Year (in person, self-reported)	5	5
○ Agency Training Classes (in person, self-reported)	3	6
○ Agency Wellness Programs (in person, self-reported)	5	10
○ Monthly Seminars (online)	1	3
○ Conversations (online)	1	3
○ Health & Fitness Activities (in person, online, telephonic/self-reported)	1	3
○ Blood Pressure Less Than 120/80	2	2
○ Total Cholesterol Less Than 200	2	2
○ Glucose Less Than 100	2	2
○ Kansas Financial Learning Center Modules	1	5
○ Register for Castlight Health	3	3
○ Castlight Health – Complete Quiz and Video	2	2
Total Credits Possible - 146   Total Credits Required - 30		

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## Survey Results!

### 27 Surveys Returned

- Q1 – Leadership Training Sessions informative & useful
  - 12 Agreed
  - 10 Strongly Agreed
  - 5 Neutral
  - 0 Disagreed or Strongly Disagreed
- Q2 – Sessions helped me become a more effective wellness mentor
  - 13 Agreed
  - 4 Strongly Agreed
  - 10 Neutral
  - 0 Disagreed or Strongly Disagreed

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## **5 Steps to Developing & Sustaining a High-Performance Wellness Team to Impact Your Agency or Department**

1. Recruiting your team
2. Establishing your vision/getting administrative support & creating alignment
3. Establishing process & protocol
4. Setting goals & managing expectations
5. Maintaining motivation & building sustainability



**“Individual commitment to a group effort, that is what makes a team work, a company work, a society work, a civilization work.”**

## **MAINTAIN DON'T GAIN CHALLENGE**

**ENDS 12.31.14!**

# **Maintain Don't Gain CHALLENGE**

November 20<sup>th</sup> – December 31<sup>st</sup>, 2014

Maintaining your body weight during the holiday season can be difficult. This challenge will encourage behaviors that support weight management by promoting healthy eating, regular physical activity, and a balanced consumption of treat foods and alcoholic/sugary beverages. These habits are supportive of maintaining weight while celebrating a healthy holiday season!

**Earn 1 point per activity per day by completing the following activities:**

Goal: 145 points  
Earn 5 Credits  
Last Day to Enter Points: 1/7/15

- 1.** EXERCISE 30 MINUTES OR MORE
- 2.** EAT A HEALTHY BREAKFAST
- 3.** EAT A HEALTHY LUNCH
- 4.** LIMIT TREAT FOODS TO 1 SERVING OR LESS
- 5.** LIMIT ALCOHOLIC/SUGARY BEVERAGES TO 1 SERVING OR LESS
- BONUS!** WEIGH YOURSELF  
Earn 1 bonus point per week for weighing yourself. Track your activity points on Mondays.

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## **ON-SITE BIOMETRIC SCREENINGS STARTED DECEMBER 1<sup>ST</sup>!**

Find a Guide to Scheduling Your Appointment at  
<http://www.kdheks.gov/hcf/healthquest/screening.html> :

### ***Biometric Screening Options***

Required For Employees to earn 2016 Premium Discount  
through **HealthQuest Rewards Program**

**Earning Period: November 16, 2014 – November 15, 2015**

HealthQuest offers three ways to obtain your biometric numbers in order to complete an online [health assessment questionnaire](#):

1. **Attend one free onsite biometric screening event.** [Click here for a guide to scheduling your on-site screening appointment.](#)
2. **Schedule a preventive screening visit with your physician**
3. **Order an at-home screening kit**

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## **JANUARY 2015 SEMINAR**

**AVAILABLE ON THE PORTAL 1/1/15**

### **Take Charge of Your Time**

With more demands on work and personal schedules, it's really important to manage your time. This will help you take charge. You'll watch your stress level go down as you learn to prioritize seminar your to-do list each day. You'll soon find that you can have time for the things that are most important to you!

Participate in this online seminar anytime  
24/7 at [www.KansasHealthQuest.com](http://www.KansasHealthQuest.com).



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## **Thank You for Attending Today!**

**Next Meeting is Next YEAR! Thursday, January 8<sup>th</sup>, 2015,  
11:00-11:45am**

**Secret Question:**

**Open Questions / Comments**



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